



West Virginia  
Bureau of Senior

# Food and Fitness

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## The Beginning Steps to Counting Carbohydrates

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When it comes to carbohydrate counting, there is a common misconception that diabetics can no longer have their favorite foods like desserts, pastas, and sweetened beverages. Balance and consistency are two of the most important factors in counting carbohydrates. By learning how to count carbohydrates, diabetics can fit all the foods they love and enjoy into their diet with proper counting and moderation. Counting carbohydrates can sound like a huge task, although counting carbohydrates can be simplified for easy use.

First, it is important to understand that everyone with diabetes should consult a Registered Dietitian Nutritionist (RDN) for a diet prescription that meets each individual's needs. It is important to consult an RDN for the simple fact that everyone's needs and preferences are different. People who have different gender, age, weight, amounts of exercise, type of medication, and much more is used to determine a diet prescription that best suits your individual needs. The RDN should be able to create a balance and educate on the importance of consistency of carbohydrates with your needs.

Once you have obtained a diet prescription (the amount of carbohydrates you need at each meal and during snacks), the next step is to really get an understanding of what foods have carbohydrates and which foods are considered FREE from carbohydrates.

(Continued on Page 2)

# The Beginning Steps to Counting

(Continued From Page 1)

## Foods with Carbohydrates

All grain foods include breads, cereal, rice, pasta, biscuits, bagels, pancakes, popcorn, etc.

Starchy vegetables include potatoes, corn, peas, and beans.

All dairy foods including milk, cheese, yogurt, sour cream, pudding, ice cream, etc.



## Foods Counted as FREE from Carbohydrates

Non-starchy vegetables including carrots, broccoli, cabbage, greens, green beans, etc.

Protein foods including meats, poultry, fish, eggs, nuts, tofu, and seeds.

Let's now move to how to count carbohydrates. Each food has a listed (refer to page 3) amount of food that serve as a "choice." Different foods may have different "choice" sizes so keeping the handout may be beneficial. Each food choice represents 15 grams of carbohydrates. Now, we can apply the diet prescription to the amount of choices. Most people will have either 3 or 4 (45 or 60 grams of carbohydrates respectively) choices per meal and either 1 or 2 (15 or 30 grams of carbohydrates respectively) choices for a snack.

Example Meal:

1 cup milk	1 choice
1 scrambled egg	FREE
2 pieces of toast	2 choices
½ cup fruit	1 choice



Reading food packaging labels and asking for the nutritional information of the food you order at restaurants can also be a good tip. Just remember when doing so 15 grams = 1 choice. Many times people forget to count drinks, snacks, and foods that are breaded. Don't forget to add in those carbohydrates too. Practice makes for better understanding on how to count your carbohydrates.



Carbohydrate Choices – 15 grams carb per serving			
Breads, Cereals & Grains	Beans*	Starchy Vegetables	Fruit
1 slice bread (1 oz.)	½ cup beans, peas	½ cup corn	4 oz. piece of fruit
2 slices low-calorie bread	(garbanzo, pinto,	½ cup peas	(apple, pear, etc.)
¼ large bagel (1 oz.)	kidney, white,	1 cup winter squash	6 oz. fresh peach
6" tortilla or pita bread	black-eyed peas)	3 oz. baked potato	6½ oz. orange
½ English muffin	½ cup lentils	2 oz. boiled potato	1¼ cup watermelon
½ cup cooked cereal	⅓ cup baked beans	½ cup mashed potato	1¼ cup strawberries
¾ cup avg. dry cereal	½ cup refried beans	2 oz. baked sweet	1 cup raspberries
⅓ cup cooked rice/pasta	⅓ cup hummus	potato	¾ cup
1 cup soup	* also count as 1	½ cup sweet potato	black/blueberries
	lean meat choice		½ grapefruit
Crackers/Snacks	Milk	Desserts/Sweets	½ cup (5½ oz.) mango
3 cups air-popped popcorn	1 cup milk (fat-	1 oz. angel food cake	½ cup pineapple
18-20 mini pretzels	free/skim, 1% milk,	2" sq. unfrosted cake	1 cup melon
5-8 regular pretzel twists	2%, whole, lactose-	1¼" sq. brownie	17 grapes
2-5 whole grain crackers	free)	2 small cookies	4 oz. banana
3 graham crackers	6 oz. light-style	½ cup ice cream	12 cherries
2 rice cakes, 4" across	yogurt	¼ cup sorbet	1 (3½ oz.) kiwi
9-13 potato chips	6 oz. plain yogurt	1 frozen fruit bar	2 small tangerines
9-13 tortilla chips	½ cup evaporated	½ cup sugar-free	2 Tbsp. dried fruit
	skim milk	pudding	½ cup (4 oz.) juice
	⅓ cup dry fat-free	1 Tbsp. jam/jelly	
	milk	1 Tbsp. honey/sugar	

# Vitamin C



Citrus fruits, strawberries, tomatoes, green peppers, broccoli and sweet and white potatoes are natural food sources of vitamin C (ascorbic acid)



## Functions

Vitamin C is a water soluble vitamin. Vitamin C enhances iron absorption in the gut by reducing ferric iron to ferrous iron. Vitamin C functions as an antioxidant by reacting with free radicals and is necessary for collagen synthesis.

## Daily Amounts Needed for Adults 50 and Older:

Recommended Daily Allowance:

Men—90 mg/d

Women—75 mg/d

People who smoke require an additional 35 mg per day.

## Sources

Fruits – especially citrus

Broccoli

Tomatoes

Greens

Asparagus

Peppers

Raw cabbage

Also is available in dietary supplements.

## Deficiency

Scurvy is one of the most known deficiencies when it comes to Vitamin C.

Scurvy signs are the 4H's: hemorrhages, hyper keratosis of hair follicles, hypochondriasis, and hematologic abnormalities. Other symptoms are easy bone fracture, joint bleeds, poor wound healing, bleeding gums with loose teeth, and easy bruising.

## Toxicity

Excessive consumption can cause gastrointestinal disturbances, kidney stones, and excess iron absorption. Also, can cause nausea, abdominal cramping, diarrhea, and can possibly destroy existing vitamin B12.

## Pumpkin Dip

### Ingredients

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- 1 large 30oz can puree pumpkin
- 8oz container cool whip
- 1 large 5.1oz pack of instant vanilla pudding mix
- 1 Tsp of pumpkin pie spice



### Instructions

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Add all ingredients into a mixing bowl and stir until uniform throughout. Serve with gram crackers or serve as a pie in a gram cracker pie crust.



### Try the Diabetic Friendly Version

Use both sugar free cool whip and pudding mix for less carbohydrates.

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# Brain

## Don't Just Exercise Your, Body, Workout Your Brain!

### Free Printable Word Search Puzzles

## Christmas

Find and circle all of the Christmas words that are hidden in the grid.  
The remaining letters spell a secret message.

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E N A C Y D N A C H T A E R W S S
T H I S S N O I T A R O C E D H Y
E G G N O G M E H E L H T E B E O
G I F T S F R U I T C A K E T P T
R E G N A M H F R I E N D S F H S
S L T R E E I E C S C S R R S E E
T S H N E G A S A A E A A A T R J
H A R A S E N N T L N N R A T D E
G I E G S E T I C L K D K O G S S
I T E G L A K I K I E S L O L T U
L T W O B E C A N C O T L E N S S
F E I B E I I C L G O D O E S N J
A S S O L L E R A F C T M E M O O
M N E T L N B N B N W A S Y A W S
I I M T S O G A B A N O R E R M E
L O E E J E O L T R G R N D Y A P
Y P N Y L L O H O S H L Y S S N H
  
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ANGEL	FRUITCAKE	MANGER	SNOWFLAKES
BELLS	GABRIEL	MARY	SNOWMAN
BETHLEHEM	GIFTS	MISTLETOE	STABLE
CANDLES	GOLD	MYRRH	STAR
CANDY CANE	GREETING CARDS	ORNAMENTS	STOCKING
CAROLS	HOLLY	POINSETTIA	THREE WISE MEN
DECORATIONS	ICICLES	SANTA	TOBOGGAN
EGGNOG	JESUS	SHEPHERDS	TOYS
FAMILY	JOSEPH	SKATES	TREE
FRANKINCENSE	LIGHTS	SLEIGH	WREATH
FRIENDS			

Did you enjoy this puzzle? Visit: <http://www.puzzles.ca/wordsearch.html>

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## December Monthly Observations

# December 2015

\* Bingo Month

\* Write a Friend Month

\* National Drunk & Drugged Driving Prevention Month

\* National Human Rights Month

\* National Tie Month

\* Safe Toys and Gifts Month

\* Spiritual Literacy Month

\* Tomato And Winter Squash Month

\* Worldwide Food Service Safety Month

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 <i>Eat a Red Apple Day</i>	2 <i>National Fritters Day</i>	3 <i>National Roof Over Your Head Day</i>	4 <i>Santa's List Day</i>	5 <i>Repeat Day</i>
6 <i>Mitten Tree Day</i>	7 <i>National Cotton Candy Day</i>	8 <i>National Brownie Day</i>	9 <i>Christmas Card Day</i>	10 <i>Human Rights Day</i>	11 <i>National Noodle Ring Day</i>	12 <i>Poinsettia Day</i>
13 <i>Ice Cream Day</i>	14 <i>Roasted Chestnuts Day</i>	15 <i>National Lemon Cupcake Day</i>	16 <i>National Chocolate Covered Anything Day</i>	17 <i>National Maple Syrup Day</i>	18 <i>Bake Cookies Day</i>	19 <i>Oatmeal Muffin Day</i>
20 <i>Go Caroling Day</i>	21 <i>Humbug Day</i>	22 <i>National Date Nut Bread Day</i>	23 <i>Roots Day</i>	24 <i>National Egg Nog Day</i>	25 <i>Christmas Day</i>	26 <i>National Candy Cane Day</i>
27 <i>National Fruitcake Day</i>	28 <i>Boxing Day</i>	29 <i>Pepper Pot Day</i>	30 <i>National Bicar-bonate of Soda Day</i>	31 <i>Unlucky Day</i>		

Kathrine J. Clark, MS, RD, LD  
Nutrition Consultant  
1 John Marshall Drive  
Huntington, WV 25575



**This newsletter is created by  
Kathrine J. Clark, MS, RD, LD,  
Nutrition Consultant to the West  
Virginia Bureau of Senior  
Services.**



## Brain Exercise Answer

The hidden message is:

**TIS THE SEASON TO BE JOLLY**

